

ANYWEAR
Slim Pedometer
MODEL: PE980
USER MANUAL

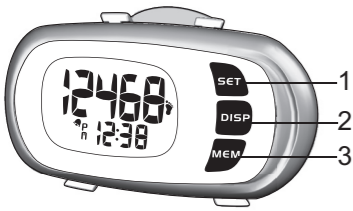
EN

INTRODUCTION

Thank you for selecting the Oregon Scientific™ ANYWEAR Slim Pedometer (PE980). The PE980 is a sensor type pedometer that can detect steps in any dimension it is carried. It is equipped with clock, alarm, 7-day memory, step counter, distance counter and calorie counter functions.

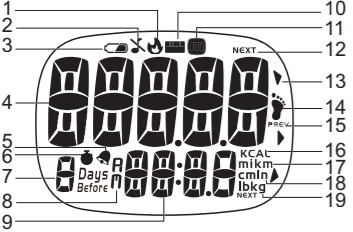
IMPORTANT Do not immerse the pedometer in water.

CONTROL BUTTONS



- 1. SET: Enter Setting Mode; confirm and move to next setting option
2. DISP: Display calorie burned and distance walked; increase values
3. MEM: Enter Memory Mode; decrease values

LCD



- 1. Calorie burned icon
2. Beep tone Off icon
3. Battery power icon
4. Mode banners and step count
5. Alarm icon
6. Exercise timer icon
7. Day indicator icon
8. 12-hour clock icon
9. Time/Setting Mode values
10. Distance walked icon
11. Memory Mode icon
12. Next page indicator
13. Smart indicators
14. Step counter On icon
15. Previous page indicator
16. Calorie unit
17. Distance unit
18. Stride length unit
19. Weight unit

GETTING STARTED

ACTIVATE PEDOMETER (FIRST-TIME USE ONLY) Press and hold any key until the screen is activated.

CARRYING THE PEDOMETER

The PE980 can be carried on the waist, around the neck or in pockets and handbags by using the adjustable strap or detachable clip provided.

SET TIME AND USER DATA

To effectively use the pedometer for calculating calorie burned (based on step count and user body weight) and distance walked (based on step count and length of user's stride), you are advised to set the time and your user data in the Setting Mode. Refer to Setting Mode in this manual.

IMPORTANT Remember to set the time and your user data after every battery replacement.

BATTERY REPLACEMENT

The pedometer uses a CR2032 3V battery, which has already been installed.

Indicates battery power is low.

To replace battery:

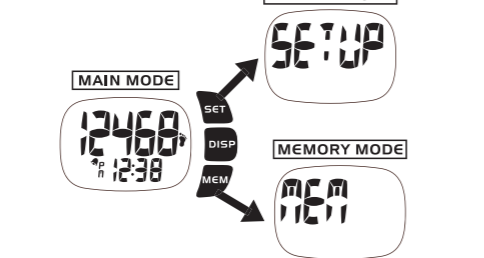


- 1. Use a small Phillips screwdriver to remove battery compartment lid. Once opened, please keep the screws in a safe place to avoid losing them.
2. Remove the old battery and insert the new one, matching the polarities.
3. Replace the lid by screwing it back into place using a Phillips screwdriver.

NOTE When the battery compartment is opened or battery is replaced, all data in the pedometer will be reset.

OPERATION MODES

The PE980 has 3 modes of operation. The Main Mode is the default display mode, which displays the current step count and time. To enter other modes, press the buttons as shown below.



MAIN MODE

- In the Main Mode, you can:
- view the time and current step count (default), calorie burned, distance walked and exercise time
- turn On or Off the step counter

To view the current calorie burned and distance walked: Press DISP. The display sequence is: calorie burned and distance walked. The exercise time with icon is also displayed.

To turn the step counter On or Off: In situations where you do not need to record step count, you can turn Off the step counter.

Press and hold SET and MEM at the same time for 2 seconds until the following screen is displayed. To turn On the step counter, repeat the same action.

Smart indicators to press the button beside indicates step counter is On.



NOTE If the step counter is Off, there will be no step, calorie and distance calculation or recording into memory.

- The current step count, calorie burned, distance walked, and exercise timer will be reset automatically to zero at midnight.

SETTING MODE

In the Setting Mode, you can set the time, alarm On/Off and alarm time, user's weight and stride length, and beep tone On/Off.

- 1. Press SET to enter the Setting Mode.
2. Wait for the setting option to flash, then press DISP or MEM to set values. You can press and hold these buttons to rapidly set the values.

- 3. Wait 3 seconds for the pedometer to automatically confirm and move to the next setting option. The setting sequence is: stride length unit, stride length value, weight unit, weight value, 12/24 time format, time (hour and minute), alarm On/Off, alarm time (hour and minute) (if alarm On is selected) and beep tone On/Off.

NOTE You can press SET to skip through settings.

REMARK Press any button to silence an activated alarm. If not deactivated, the alarm will be activated at the same time the following day.

MEMORY MODE

In the Memory Mode, you can view the records of your steps and calories burned for the past 7 days.

- 1. Press MEM to enter the Memory Mode.
2. Press DISP or MEM to select which day to view.

NOTE When toggling between days, the record displayed will be of the same category (either step count or calorie burned). When viewing a day's record, the pedometer will automatically toggle for 3 seconds between step count and calorie burned display.

REMARK Toggle through all 7-day records to return to the Main Mode.

To reset records: You cannot reset the records manually. The pedometer is designed to automatically reset the records.

SPECIFICATIONS

Table with 2 columns: Feature and Specification. Includes Real time clock, Step measurement range, Distance measurement range, User adjustable stride length, Calorie measurement range, Body weight range, Exercise timer range, Resolution, Power, Operating temperature, Storage temperature.

PRECAUTIONS

- To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:
- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the device thoroughly after each training session. Never use the product in hot water or store it when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your device serviced by an approved service centre annually.

- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
Due to printing limitations, the displays shown in this manual may differ from the actual display.
The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

If you're in the US and would like to contact our Customer Care department directly, please visit: www2.oregonscientific.com/service/support.asp OR Call 1-800-853-8883.

For international inquiries, please visit: www2.oregonscientific.com/about/international.asp

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this ANYWEAR Slim Pedometer (Model: PE980) is in compliance with EMC directive 89/336/CE. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.



ANYWEAR
Podomètre Extra Plat
MODELE : PE980
MANUEL DE L'UTILISATEUR

FR

INTRODUCTION

Nous vous remercions d'avoir choisi le ANYWEAR Podomètre Extra Plat (PE980) de Oregon Scientific. Le modèle PE980 est un podomètre à même de détecter les pas qu'il soit porté de différentes façons. Il est équipé d'une horloge, d'une alarme, d'une fonction mémoire de 7 jours, d'un compteur de pas, de distance et de calories.

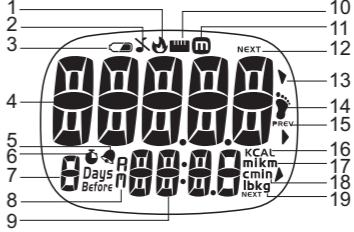
IMPORTANT Ne pas immerger le podomètre dans l'eau.

BOUTONS DE COMMANDE



- 1. SET: Permet d'entrer dans le mode Réglage, de confirmer l'option de réglage et de passer à la suivante
2. DISP: Affiche les calories consommées et la distance parcourue; permet d'augmenter les valeurs
3. MEM: Permet d'entrer dans le mode Mémoire; de réduire les valeurs

ECRAN LCD



- 1. Calorie burned icon
2. Beep tone Off icon
3. Battery power icon
4. Mode banners and step count
5. Alarm icon
6. Exercise timer icon
7. Day indicator icon
8. 12-hour clock icon
9. Time/Setting Mode values
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16. Calorie unit
17. Distance unit
18. Stride length unit
19. Weight unit

AU COMMENCEMENT

METTRE EN MARCHE LE PODOMETRE (UNIQUEMENT LORS DE LA PREMIERE UTILISATION) Appuyez et maintenez n'importe quelle touche jusqu'à ce que l'écran s'active.

TRANSPORTER LE PODOMETRE

Vous pouvez, à l'aide de la lanière ajustable ou du clip détachable fourni, porter le modèle PE980 à la ceinture, autour du cou ou le mettre dans la poche ou votre sac à dos.

REGLER L'HEURE ET LES DONNEES DE L'UTILISATEUR

Afin d'utiliser le podomètre pour calculer avec précision les calories consommées (sur la base du compteur de pas et du poids de l'utilisateur) et la distance parcourue (sur la base du compteur de pas et de la longueur d'enjambée de l'utilisateur), nous vous conseillons de régler l'heure et les données utilisateurs dans le Mode Réglage. Reportez-vous au Mode Réglage de ce manuel.

IMPORTANT Rappelez-vous de régler l'heure et les données utilisateurs après avoir remplacé la pile.

REPLACER LA PILE

Le podomètre fonctionne avec une pile au lithium CR2032, 3V, d'ores et déjà installée.

Indique que la pile est faible.

Pour remplacer la pile:

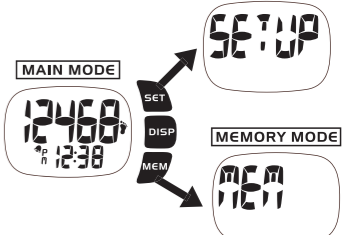


- 1. Utilisez un petit tournevis pour retirer le couvercle du compartiment des piles. Une fois ouvert, placez les vis dans un endroit où vous êtes certain de les récupérer.
2. Remplacez la pile usagée et insérez la nouvelle en respectant les signes de polarité.
3. Remplacez le couvercle en serrant les vis à l'aide du tournevis.

REMARQUE Lorsque le compartiment des piles est ouvert, ou si vous remplacez la pile, toutes les données du podomètre seront réinitialisées.

MODES DE FONCTIONNEMENT

Le modèle PE980 dispose de 3 modes de fonctionnement. Le mode principal est le mode d'affichage par défaut, il affiche le compte de pas actuel et l'heure. Pour entrer dans les autres modes, appuyez sur les boutons indiqués ci-dessous.



MODE PRINCIPAL

- Dans le mode principal, vous pouvez:
- visualiser l'heure et le compte de pas actuel (par défaut), les calories consommées, la distance parcourue et le temps d'exercice.
- activer ou désactiver le compteur de pas.

Pour visualiser les calories consommées et la distance parcourue:

Appuyez DISP. La séquence d'affichage est la suivante: calories consommées et distance parcourue. Le temps d'entraînement accompagné de l'icône est également affiché.

Activer ou désactiver le compteur de pas:

Si vous n'avez pas besoin d'enregistrer le compte de pas, vous pouvez désactiver le compteur de pas.

Appuyez et maintenez simultanément SET et MEM pendant deux secondes jusqu'à ce que l'écran suivant s'affiche.

Pour désactiver le compteur de pas, recommencez la même procédure. vous indique que le compteur de pas est activé.



